

### **Rua cov Mivnyuas Kws Sau Npe Rue Huv Tuam Tsev Zuv Mivnyuas:**

Thov sau kuas tav, kus lub npe rua hab xaa Dlaim Ntawv Kws Thov Nyaj nuav rua peb sai le sai tau. Txhua tug mivnyuas yau kws tau sau npe rua huv peb lub tuam tsev nuav tau txais zaub Zaub Mov Noj tsi txawv tug nqe ntawm hloole, tabsis nyob ntawm saib peb lub tuam tsev tau txais kev paab lug ntawm Tseemfwv npaum le caag, qhov ntawd yog ib qhov kws peb txhaj le paub has tas yuav paab tau npaum le caag rua koj tug mivnyuas.

Yog has tas taamsim nuav koj tsev tuabneeg txais kev paab nyob rua huv:

- Cov Ntawv Nyaj yuav Noj;
- Kev Paab Rue Cov Tsev Tuabneeg Ib Ntus (TANF); los sis
- Kev Xaa Zaub Mov pub rua cov Tuabneeg Indian (FDPIR),

Koj tsuas yog sau tug lej Ntawv Nyaj yuav Noj, TANF, los sis FDPIR kws koj taab tom tau txais kev paab rua ntawm Dlaim Ntawv Thov Zaub Mov Noj xwb. Koj yuav tsum muaj ib tug tuabneeg laug kus nwg lub npe rua, sau nub kus npe hab sau nwg tug lej social security rua ntawm Dlaim Ntawv Thov Zaub Mov Noj, los sis sau "tsi muaj" yog has tas tug tuabneeg laug ntawd tsi muaj tug lej social security.

Txawm yog le caag los xij, yog has tas koj tsev tuabneeg tsi tau txais kev paab lug ntawm cov Ntawv Nyaj yuav Noj, TANF, los sis FDPIR, thos sau kuas tav Dlaim Ntawv Thov Zaub Mov Noj nuav hab ncu nroov koj:

- Yuav tsum npaaj sau npe cov tswv cuab huv koj lub tsev tuabneeg txhua tug hab puab khwv tau nyaj lug ntawm npaum le caag yog tau qhov twg lug; hab
- Kuas ib tug tuabneeg laug kus nwg lub npe rua ntawm dclaim ntawv, sau nub kus dclaim ntawv hab sau nwg tug lej social security, los sis sau "tsi muaj" yog has tas tug tuabneeg laug ntawd tsi muaj tug lej social security.

### **Rua Txhua Tug tuabneeg kws nyob rua huv lub tsev ntawd:**

USDA cais quas meej txug tsev tuabneeg yog ib paab kws muaj kev txheeb ze los sis tsi muaj kev txheeb ze (tsi yog cov tuabneeg kws nyob tsev kws muaj tuabneeg yug los sis tej lub koomhum) tug tuabneeg twg kws nyob rua chaw txomnyem (i.e., sib faib chaw nyob). Yog le ntawd, yog has tas qha txug cov nyaj kws khwv tau lug rua ntawm Dlaim Ntawv Thov Zaub Mov Noj yuav tsum sau txhua yaam ntxiv rua cov nyaj kws ua ntej them se lug ntawm cov tswv cuab huv lub tsev tuabneeg ntawd, saib lug qhov twg lug tag.

Cov **nyaj kws khwv tau lug kws koj qha tawm rua peb yuav tsum yog taag nrho ua ntej kws them se** kws txhua tug tswv cuab nyob rua huv koj lub tsev ntawd khwv tau rua hli kws taag lug nuav. Yog has tas cov nyaj kws koj khwv tau lub hli kws taag lug nuav tsi muaj lawv le koj tau teev tseg, tej zag koj npaaj sau kua muaj ntsiv ze le kws txhua hli koj ib txwm pheej tau txais. Yog has tsi muaj kev hloov lui heev tshwm sim, tej zag koj ca le kwv yees siv lawv le cov nyaj kws khwv tau hli taag lug nuav ua qauv xwb los tau. Yog has tas koj tsev tuabneeg khwv taag nrho tau nyaj npaum nkaus los sis tsawg dlua le kws tau teev ntawv has tas txug koj tsev tuabneeg coob npaum le caag nyob rua dclaim ntawv kws muaj nrug ua ke nuav, ces lub tuam tsev yuav tau txais cov nyaj kws yug koj cov mivnyuas them rov qaab sab dlua.

### **Cov mivnyuas kws raug xaa moog nrug lwm tsev tuabneeg nyob:**

Has rua lub tsev tuabneeg kws cov muvnyuas xaa tuaj nrug nyob, thov saib txug rua ntawm dclaim ntawv kws qha has tas yuav Sau le caag rua ntawm Dlaim Ntawv kws Thov Zaub Mov Noj los sis hu lug ntxiv ntawm peb.